

Warren SENTINEL

Volume 63, Issue 3

F. E. Warren Air Force Base, Wyoming

Jan. 23, 2004

Chapel, AAC Plan Dorm Escape For Warren Airmen

The chapel, in coordination with the Airmen's Advisory Council, is opening a "coffeehouse" center for airmen beginning Jan. 30 at the First Term Airmen's Center. The center will be open each weekend: Fridays, 6 p.m. to midnight, Saturdays and Sundays noon to midnight.

During the first weekend, there will be free pizza and soft drinks Friday, music and snacks Saturday and a Super Bowl party Sunday with the game shown on two giant screen TVs. Following the game is the premier of "Survivor, All Stars!"

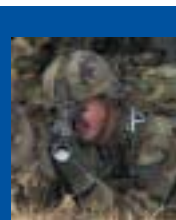
The center will soon offer a pool table, ping pong table, air hockey table, foosball table, six playstations/TVs, state of the art sound system for the upstairs, surround sound for the TV/movie room and a six station cyber café.

"Our goal is to provide a whole environment for airmen to make friends, have some fun and have a positive experience within the Air Force community," said Chaplain Klavens Noel, 90th Space Wing chapel. To volunteer a few hours a week or for more information, contact Chaplain Noel or Airman Trudie Rickman at 773-3434.

*Escape the Dorm
Jan. 30 to Feb. 1 at the FTAC
Building*



Photo by Airman Tessa Cubbon



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Veteran's Final Choices Show Love For The Blue Suit

Maj. John J. Thomas
*Air Force Personnel
Center Public Affairs*

RANDOLPH AIR FORCE BASE, Texas - Reid S. Wyant is dying. His daughter called me the other day looking for help putting together the items so that he could be buried in his Air Force service dress uniform. He served 30 years as an airman. And it seems he's still one of us.

I got to thinking. What makes a person who has lived life as a civilian since 1980 want to be buried in his uniform?

I like to think maybe Service Before Self gets into your blood. After all, retired Senior Master Sgt. Wyant switched his cancer treatment from Eglin Air Force Base not too long ago because the war was forcing them to cut back care, and he wanted the active-duty people to get taken care of first. "Always thinking of others," his daughter says.

His daughter — her name is Andrae Harris — is helping care for him even as he edges closer to the end. She helps him plan it all out. Arlington National Cemetery was overruled by his wife, who wants him for eternity closer to family. Details like that.

Andrae says she always knew her dad was a hero. He was awarded the Airman's Medal for saving three swimmers' lives "in front of my very eyes, without a care to his own safety."

He almost lost his own life doing it, she says. And that pales in comparison to his courage facing his cancer.

Sergeant Wyant might say it is the friends you find that make the Air Force something you want to be buried with. "I've never known anyone that did not like my dad," his daughter says.

A former commander, Col. Roger Andersen, still visits him at home. "They would both reenlist today," if they could, Andrae tells me.

Reid Wyant's life with the Air Force began when the young Air Force had been around for just seven years. "His uncle was a rear admiral and told him to join the Air Force," Andrae says. Seems his uncle was a smart man.

She says "He caught a bus to Pittsburgh and never looked back."

I think he's looking back now, looking back on the people he met as a munitions maintenance specialist and first sergeant. Born and raised in Kitanning, Pa., he served in North Africa, in the '50s; Cambodia, Viet Nam, Laos and Korea in the '60s. In 1971 he was in Thailand. And he was in plenty of stateside places in between. But no assignment was more important than the move from Denver to Bentwaters, England.

That's where a boy, dirt-poor and often mistreated by his grand-

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Hoops' Shots

I normally use this column to highlight what I've done and the people I've met the previous week. This past week I didn't get to spend much time away from the office visiting our mighty troops. Instead I spent the majority of my time on two issues - the inspection and with irresponsible drinking.

First, let me say how proud I am of this wing and your performance during our double inspection. A Nuclear Surety Inspection is the toughest in our business. It's what certifies our nuclear license. It's what gives our senior leadership, the president and our citizens confidence in our ability to safely handle the most devastating of weapons. Thus, the standards are very, very high and there are any number of single events that can take down an entire wing. In our case, we proved our ability to operate, secure and maintain our two weapon systems at Warren. Scores were off the charts with four outstandings, 12 excellents, and three satisfactory ratings with over 80 professional performers and professional teams. We blew the IG out of the water and made huge turnarounds from previous inspections. It was evident in the out brief that you were excited about and

proud of these results and I thank you for the hard work and sacrifices you made to achieve this level of excellence.

The downside to this glowing report was an overall Unsatisfactory rating in our administration of the Personnel Reliability Program. This was a fair assessment and highlights the absolutely critical nature of PRP - something so important it can take down an entire wing. Everything we do in the nuclear business starts with PRP. This is the program that ensures only the most reliable people perform nuclear duties. If people with questionable reliability operate, secure or maintain these weapons, then the chances of accidents or other dreadful consequences goes way up - and that's something none of us ever wants.

We have a terrific game plan to bring us back into compliance and it starts with individuals. Each of us who works around nuclear weapons has a personal responsibility to monitor our own reliability and report changes to our certifying officials. We often fall short of this standard when it comes to off-base visits. Remember, you are required to IMMEDIATELY report to

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Warren SENTINEL

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Articles are due to Public Affairs, Building 250, room 201, by 4:30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue.

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Direct questions or comments to the SENTINEL at 773-3381 or e-mail at Sentinel@warren.af.mil.

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90th Maintenance Group Develops Mobile Contingency Command Post For Warren

2nd Lt. Kevin Williams
90th Missile Maintenance Squadron

To allow virtually instant consequence management response to any missile field incident the 90th Maintenance Group developed a Mobile Contingency Command Post.

This concept began after Diligent Warrior 03 in October 2002. It was during this exercise that simulated a nuclear weapons transportation accident that the exercise commanders realized it could take several hours for the base Disaster Control Group to respond to the missile field.

“The greatest benefit will be the mitigation of consequences in the event of an attack,” said Col. John Faulkner, 90th Maintenance Group commander. “This would be important from both a public safety and a nuclear surety standpoint.”

The Mobile Contingency Command Post team will consist of one commander, who is a field grade officer, and two to three other members from the 90 MXG with support from public affairs, radiation detection and equipment operations. Equipped with a weather observation unit, handheld GPSs, laptop computers with wireless internet and

satellite phones, the team will accompany every Category 1 convoy to and from a missile launch facility. There they will set up a few thousand feet upwind of the site and establish communications with the support base.

“I hope we never have to find out how effective it is, but hope is not a strategy. The training and preparation for the MCCP will identify shortcomings in our ability to respond in the event of an accident allowing us to ‘plug the holes,’” said Col. Faulkner.

In the event of a nuclear mishap or missile potential hazard the MCCP will be able to relay surface weather conditions, loca-

“—————
Hope is not a strategy.”

—Col. John Faulkner
90th Maintenance Group Commander

tion, still pictures and video back to the support base within minutes rather than hours.

“The MCCP is both unique and original, resulting from the lessons learned during Exercise Diligent Warrior 03 in October of 2002,” said Col. Faulkner. “We are charting new territory, but the capability is long overdue.”

Base Snow Removal: A Winter CE Priority

Elizabeth McClain
90th Civil Engineer Squadron

Ever vigilant pavement and equipment snow removal crews work around the clock to ensure all main access roads, parking lots and missile sites are kept clear of snow and ice. They clear routes based on priorities approved by the snow and ice control committee, which meets every September to determine these priorities.

The committee is made up of the wing commander, mission support group commander, the base civil engineer and select representatives from various key tenant organizations. The snow and ice committee determines the priorities based on local requirements and regulatory Air Force instructions. The

AFI indicates priority areas for snow removal and the committee determines which areas and in which order they will be cleared.

“Occasionally, a special event or activity may require special attention and snow removal may be done out of sequence,” said Jeff Evans, 90th Civil Engineer Squadron Horizontal Shop chief. “But generally the established priorities are followed from start to finish.”

Observe the snow removal route signs posted along streets, and park on the opposite side from the signs. This allows the plows to help reduce drifting.

In the event of above-normal snowfall causing the parking lots to become inaccessible, snow control will coordinate with the support group and squadron commanders on which

Snow Plow Priorities

1) Life Support (Keep roads passable for emergency vehicles.)

2) Mission Support (Keep roads clear for missile ops, 37 HF ops and weapons storage area activity.)

3 &4) Housing Areas

For more information or to make suggestions, contact Jeff Evans at 773-3375.

lots to clear. Alternate parking lots are posted in the snow control center.

These large snowplows and sanders are not able to stop as quickly as cars do, and they also have blind spots, so they have beacon lights and signs warning to stay back 100 feet.

One of the main improvement efforts by the snow removal crews was the introduction of a new de-icer spray which melts snow and ice on contact. It’s generally sprayed between



Courtesy Photo
During a snowstorm, snow plow operators work tirelessly around the clock to get the roads clear and safe for motorists.

six and 12 hours prior to a storm, helping keep the snow and ice from accumulating.

The de-icer is environmentally safe and 280 percent less corrosive than salt, therefore less wear and tear occurs on equipment and landscaping.

This application is effective for snowfall up to two inches and temperatures of -15 degrees. If tempera-

tures drop below -15, a granular de-icer is applied.

Remember when the next snowstorm hits, crews are out there around-the clock in the cold clearing the way.

HOOPS, from Page 2

your certifying official whenever you see a medical or dental provider - on base, off base, during duty hours, after duty hours, an unplanned emergency room visit or a planned referral - ANY and EVERY TIME. I know we’ll turn the corner on this deficiency. Just remember our standard is to be WIRED - We’re Inspection Ready Every Day.

The second issue is frankly more alarming and complex. We have a problem with irresponsible drinking in this wing. It is a clear and present danger to our people and our mission. The books closed on 2003 with a record number

of DUIs and underage drinking incidents. Moreover, we had over 140 alcohol related incidents last year ranging from DUIs to sexual assaults and even one death. We’re only 23 days into 2004 and already have 18 alcohol related incidents including six DUIs and three drunk on duty events. Two NCOs were sent back from the NCO Academy due to an alcohol incident.

We had two others with blood alcohol levels higher than .2 - one was .353 which is so bad it’s almost alcohol poisoning. We’re lucky no one has died yet or none of our folks have killed someone else in these incidents. It’s frankly only a matter of

time at this rate.

Your leadership is actively engaged on this issue and you’ll start hearing a lot more about the problem, its consequences and our plan to create a responsible drinking culture at Warren. You need to do your part now - don’t drink and drive, don’t drink if you’re under 21, don’t have more than two to three drinks in an evening, never leave your friends behind when they’ve been drinking and more.

This is my #1 priority for this wing and we will not rest until we’ve achieved success and ensured the safety of our people. Col Hoops

You've Spoken, And Changes Are Coming

The Sentinel Survey Results Are in And Plans Are Underway to Make Your Paper Better

1st Lt. Nicole Walters
Public Affairs

Recently we conducted the annual Warren Sentinel survey. The feedback is designed to help us provide you, the readers, with the product that best meets your needs.

When asked how many people read on a weekly basis, the Sentinel received an overall score of 90.07 percent. The next question was 'How well does the Sentinel cover the mission?' which received a rating of 76.25 percent.

The survey also provided an opportunity for respondents to give specific feedback. Since all feedback is important, I'd like to tell you about some of the exciting changes you'll be seeing in the Sentinel that came as a result of the survey.

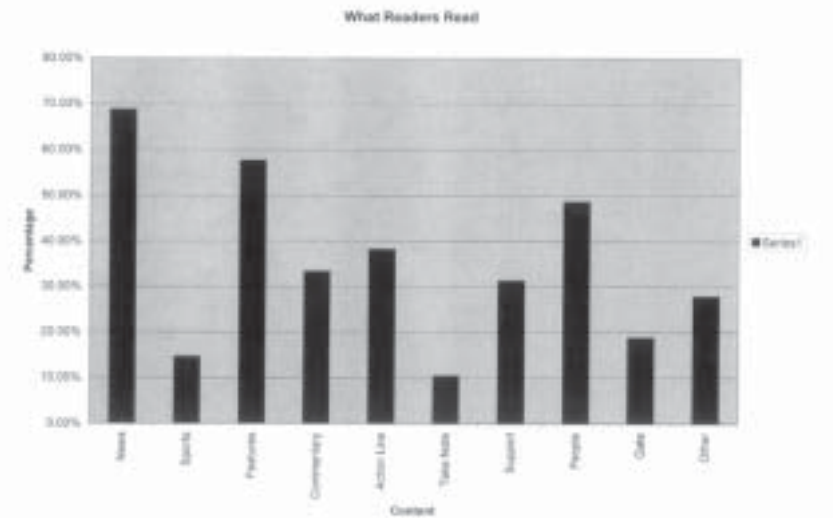
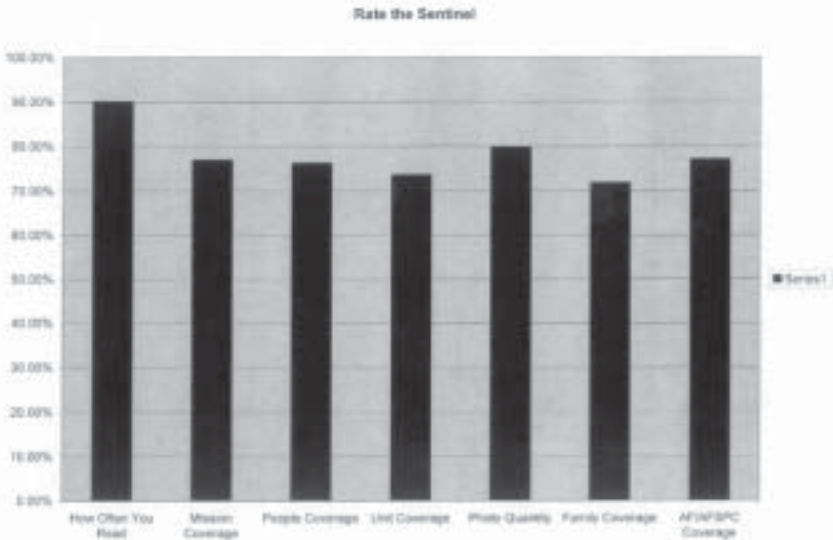
More History

We've put a fun spin on the historical architecture here at

Warren. On page 19, you'll see "Where on Warren", which shows a picture of something somewhere on Warren, and the first correct respondent receives a prize and bragging rights. In its debut last week, it was a huge success! Also, the public affairs office is working with the wing historian to come up with interesting - and sometimes strange - facts about specific dates in Warren's, the Air Force's and Cheyenne's history.

Commander and Chief Articles

Respondents want to hear directly from those in charge about what's going on and they don't want it sugar-coated. While this definitely isn't breaking news, we're re-vamping our commentary page. We've contacted all commanders and those in-charge of base organizations for their opinions and have scheduled local commentaries to run all year.



Less Ads

This might be the toughest suggestion to take action on. Our publisher is very understanding when it comes to ad space - in fact, he regularly allows for a 50 - 50 split of editorial content and ads, which is less than he is required to give us. Overall, we typically have fewer ads (not counting The Insider, which is not The Warren Sentinel) than nearly any "unfunded" newspaper in the Air Force.

UPARs

Unit Public Affairs Representatives are our key to what's happening. Every group and squadron has one. When your squadron has something going on or if you know someone that deserves an article, shoot us an email at sentinel@warren.af.mil, but if you can't, tell your UPAR. They'll get it to us, and are always helpful. We will be

giving our UPAR awards at the end of the year to reward and thank them.

More Mission Stories

You can't please all of the people all of the time. Some want more sports, some want less. Some want more cops and ops, some want less. Our goal is to cover every unit on base this year from at least one informative and interesting viewpoint. While sometimes it's about the majority opinion, in this case there is none. We can only do the right thing and attempt to cover all work centers throughout the year. Whether a tenant unit has five people or 500, we are there to cover them. Every unit is a vital part of Warren.

I'd like to thank all our survey respondents and you, our favorite reader. While feedback isn't always positive, it's always informative.

Because information is not enough...

THE AIR FORCE PORTAL

It's Essential!

Register at the Air Force Portal and benefit from Web applications, tools and content that give you what you want, when you want it.

Cut through the online clutter with consistent, user-friendly navigation that eliminates time-consuming searches. You bring basic Internet browsing skills and we provide a wealth of trusted, accurate, and timely information to help you do your job and improve your quality of life.

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U.S. AIR FORCE

BRIEFS

SFS Seeks Volunteers

90 SFS Investigations is seeking people with foreign language skills to be interpreters during crisis situations. Any person who would like to volunteer as an interpreter can respond to Staff Sgt. Scott Gero via e-mail to scott.gero@warren.af.mil.

Volunteers should include their first and last name, squadron, foreign language spoken, duty phone and home/cell phone number.

Tax Center Needs Assistance

The Warren tax center is looking for volunteers to help provide over \$200,000 worth of tax services to the community.

Active duty, retirees, spouses and friends can be released from duties to attend the Volunteer Income Tax Assistance Course (VITA) and volunteer.

Talk to your supervisor about your availability and call Capt. Lance Wood or Staff Sgt. Tim Johnston at 773-2256.

Cheyenne Day of Arts Scheduled

The Wyoming State Arts Council has scheduled a day of arts for 9 a.m. to 5 p.m., Saturday at the Union Pacific Depot in Cheyenne. The event will showcase dancers, singers and artists including Master Sgt. Darick Cailing, 90th Communications Squadron. There will also be a live auction beginning at 5 p.m. with the proceeds going to match funds from the Wyoming Legislature for grants to Wyoming schools and area non-profit organizations. The evening will conclude with a concert by the Cheyenne Symphony Orchestra from 7 to 10 p.m., at the Cheyenne Civic Center.

Circuit Training Offered

The Warren Health and Wellness Center is offering a 30-station exercise class from 3 to 4 p.m., each Tuesday and Thursday at the new gym. The program can be modified as to help both beginners and more advanced participants. Classes begin Feb. 3. For

more information, call the HAWC at 773-4292.

Scholarship Offered

First Command and the Officer's Spouses' Club are now offering scholarships to seniors seeking financial assistance for college in Fall 2004. Scholarship packets may be picked up now at school guidance offices. They must be completed and ready for pick up from school guidance counselors by March 31, 2004. For more information, contact Jan Ritter at 632-0256.

NCO Council Meeting Today

The NCO Council Meeting is scheduled for 3 p.m., today at the Trail's End Club. The NCO Council is open to staff sergeant, technical sergeant and staff sergeant selects. For more information, call Staff Sgt. Rebeca Hinz at 773-5428 or Staff Sgt. Annamarie Palacol at 773-2571.

Some Tax Statements Now Online

Tax statements are now

posted on myPay for Army, Navy and Air Force Reserve, Department of Defense and Department of Energy civilian employees, military annuitants, military retirees and active duty Air Force members.

Employees can view their tax statements from myPay at <https://mypay.dfas.mil>. For assistance call myPay customer support toll-free at (800) 390-2348.

Luncheon Scheduled

The 90 Space Wing Quarterly Awards Luncheon will be 11:30 a.m., Jan. 27 at the Trail's End Club. Contact your first shirt no later than Jan. 23 to RSVP.

MEO Offers Classes

90th Space Wing Military Equal Opportunity teaches First Duty Station (FDS) and newcomers orientations twice a month. Both classes focus on Air Force Equal Opportunity and Treatment policy and our responsibilities in the human relations resolution process. Attendance is open to all base personnel. FDS is required for all person-

nel new to the Air Force: enlisted, commissioned and civilian. Newcomers Orientation is a refresher course required for all personnel arriving at Warren from a previous duty station.

For more information, call the MEO office at 773-2741.

Be Aware of Gate Closures

Due to the final installation stage of the cantilever gate systems at Gates 1 and 2, the following closures are scheduled for today:

Gate 1 (inbound lanes) will be closed from approximately 8:30 to 9:30 a.m. Use Gate 2.

Gate 1 (outbound lanes) will be closed from approximately 9:30 to 10:30 a.m. Use Gate 2.

Gate 2 (outbound lanes) will be closed from approximately 1:30 to 2:30 p.m. Outbound traffic will be controlled by flagmen.

Gate 2 (inbound lanes) will be closed from 2:30 to 3:30 p.m. Traffic will be routed through outbound lane.

Mighty Ninety Members Work Hard During Nuclear Surety Inspection



Courtesy photos



DTRA Professional Performers

90th Operations Group
Staff Sgt. Marilyn Mackay
90th Security Forces Group
Tech. Sgt. Kevin Yarbrough
Senior Airman Michael Hames
Airmen 1st Class Katherine Barnett, Chris Smith, Jeremy Waldron, Patrick Herbst and Wilder Rua
90th Maintenance Group
Senior Master Sgt. Andy Gregorsok
Master Sgt. George Randall
Tech. Sgts. David Bushee and Forrest Linville
Staff Sgts. Timothy Burkins, Brandon Lewis, James VanValkenburgh, William Acklin and Christopher Brol
Senior Airmen Bryan Vails, Benjamin Collier, Brandon Harrison and Pablo Navarette
90th Maintenance Group
Senior Airmen James Clouse and Carlos Torres
Airmen 1st Class Jamison Johnson, Dustin Cochran, Sarah Chapman, Edward Lopez, Matthew Price, Charles Wilkin and Antoine Williams
Professional Teams
790th Missile Security Forces Squadron Convoy Response Force
790th Missile Security Forces Squadron Fire Team (Trip # 8-574, Jan. 8)
37th Helicopter Flight (Fire Team Insertions Jan. 8 and 11)
PK General Maintenance Team
Wing Weapons Safety Office



Photo by Tessa Marie Cubbon

Inspector General Professional Performers

90th Civil Engineer Squadron
Senior Airmen Juan Diaz and Michael Overton
Mr. Louis Latendresse
90th Logistic Readiness Squadron
Staff Sgt. Carlo Gutierrez
Senior Airman Kevin Hofkens
90th Missile Maintenance Squadron
Tech. Sgts. David Bushee and James Knight
Staff Sgt. Andrew Ming
Airman 1st Class Bradley Poston
90th Security Forces Squadron
Tech. Sgt. Shane Murray
Staff Sgts. Christopher Manning and Benjamin Perry
Senior Airmen Daniel Mooney and Christopher Rollier
90th Space Wing
Command Post Duty Controllers Jan. 9 to 11
Weapons Safety Staff
90th Operations Support Squadron

Emergency War Order Flight
Codes Flight
Day Shift Codes Team Jan. 9
Missile Procedures Trainer Operators Jan. 9 and 10
319th Missile Squadron
Crew R-029 Jan. 9
Crew R-034 Jan. 9
Crew R-015 Jan. 10
Crew R-039 Jan. 10
320th Missile Squadron
Crew R-068 Jan. 9
Crew R-078 Jan. 9
Crew S-052 Jan. 10
Crew R-057 Jan. 10
321st Missile Squadron
Crew R-114 Jan. 9
Crew R-125 Jan. 9
Crew R-124 Jan. 9
Crew R-124 Jan. 10
400th Missile Squadron
Crew R-155 Jan. 10
Crew R-186 Jan. 11
90th Missile Maintenance
Mark 12 Reentry Vehicle Build up Team
Mark 12 Reentry Vehicle Installation Team
Mark 21 Reentry Vehicle Installation Team

Peacekeeper Reentry System Mate Team
Peacekeeper Pre-Operational Checkout Team
Peacekeeper Missile Support Section
Minuteman Reentry System Mate Team
90th Maintenance Operation Squadron
Missile Maintenance Operation Center Day Crew Jan. 10
90th Civil Engineer Squadron
Damage Assessment Team
Minuteman Bay Render Safe Team
90th Logistic Readiness Squadron
Payload Transporter Tractor/Trailer Maintenance Team
90th Security Support Squadron
Security Forces Training Section
90th Security Forces Squadron
Days Local Area Display Operator Jan.9
90th Missile Security Forces Squadron
Delta Day Security Response Team Jan. 8
Quebec Day Security Response Team Jan. 10
790th Missile Security Forces Squadron
Zabra-5 Mobile Fire Team Jan. 8
Camper Support Team Jan. 12

Youth Bowling Scores

Pee Wee (Ages 3-6)

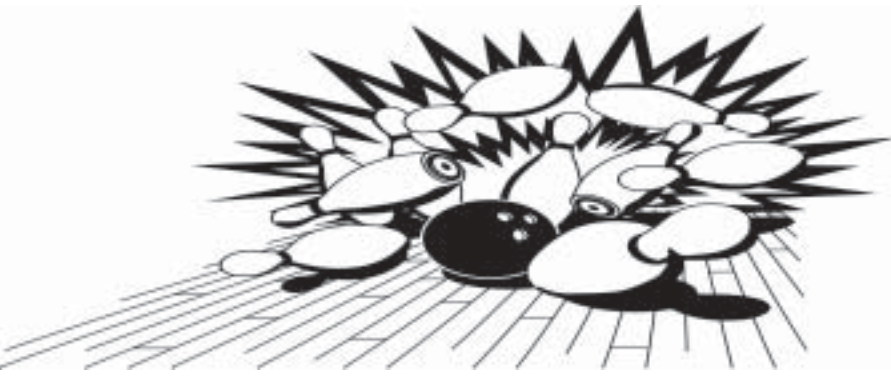
Matthew Harris	74 (Average 58)
Taylor Bearden	72 (Average 62)

Bantam-Prep (Ages 6-11)

Rodney McDowell	552 (High Series Hdcp)
Sabrina Sawicki	547
Brandyn Hall	185 (High Game Hdcp)
Brittaney Thomas	187

Junior-Major (Ages 12-21)

Aaron Koskelowski	722 (High Series Hdcp)
Anya Cox	702
“Buzz” Robinett	260 (High Game Hdcp)
Shanna Niewald	238



Basketball Standings

<i>East</i>		<i>West</i>	
Team	Record	Team	Record
OSS	8-2	MOS	9-0
CE	8-2	SFS-B	6-2
MXS-A	7-2	MDG	5-5
SFS-A	3-5	LRS	4-7
790	2-7	MXS-B	2-7
CS	1-7	MS10	1-6
321	1-4		

Standings current as of Tuesday

For all your TRICARE needs,
contact the TRICARE Service
Center at 307-772-4020.

Have a news, sports or commentary
story idea for the Warren Sentinel? Con-
tact the Public Affairs office at 773-3381.





BRIEFS

U.S. AIR FORCE

ARPC Announces
Colonel Promotion

DENVER - The Air Reserve Personnel Center announced the 2004 Air Force Reserve colonel promotion selection boards results.

A selection board convened in October members reviewed the records of more than 1,682 lieutenant colonels.

For more information, call the promotions board specialists at (303) 676-6351 or visit <http://arpc.afrc.af.mil>.

Combat Nighthawk
Increases Awareness

ROYAL AIR FORCE LAKENHEATH, England - Company grade and senior noncommissioned officers here are teaming up to further develop their leadership skills and increase their overall understanding of all aspects of the operational mission, as part of a Combat Nighthawk initiative.

Combat Nighthawk is a leadership development and career-broadening program for CGOs and senior NCOs implemented by Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander.

Service Demographics
Available

RANDOLPH AIR FORCE BASE, Texas - Air Force Personnel Center officials recently published the quarterly demographics report offering a snapshot of the service's active-duty and civilian force.

The report outlines information regarding 372,305 active-duty airmen and 139,083 civilian employees.

The complete list of demographics can be found on the Web at <http://www.afpc.randolph.af.mil/pubaffairs/release/2004/01/Jan04demographics.htm>.

Pilot Helps Boy Breathe Easier

Doris Johnson

Air Armament Center Public
Affairs

EGLIN AIR FORCE BASE, Fla. - If you ask Blake Henderson, a young boy from nearby Niceville, to tell you who Capt. James Dykas is he will most likely reply, "my pilot," with a look of ownership and pride. But it was not until recently that the two met.

When Blake was born four years ago, he underwent heart surgery for congenital defects. Last year, he and his grandparents were trying to overcome Blake's latest battle — lung disease.

"Blake needs a lung transplant, but it's too risky right now; we have to wait till he gets older," said Fred Henderson, Blake's grandfather. "As part of his treatment he takes four nebulizer treatments a day."

The nebulizer is a device used to send medicine in the form of a fine spray directly to the lungs by breathing through the mouth or nose. The treatments became a problem when Blake would not stay still to hold the plastic applicator in his mouth.

"We got a mask to hold the mouth piece and free his hands, but with everything he's been through, the mask was scary for him," said Rae Garmon, Blake's step-grandmother. "He would cry and resist every time we would give him a treatment, and he looked at the treatments as punishment."

His grandparents talked to him about why he needed the treatments, but Blake was still opposed, scared of what the mask felt like on his face.

Losing hope, his grandparents looked for something, anything, to get Blake to accept the treatments without a struggle.

Capt. James Dykas turned out to be just what they needed. He is a B-1B Lancer pilot and flight safety officer for the 37th Bomb Squadron at Ellsworth Air Force Base, S.D.

Captain Dykas's mother, Lina, works in the same office here as Mrs. Garmon and kept a picture on her desk of her son sitting in

the cockpit wearing his helmet and oxygen mask.

"Around August, Rae was talking with me one day in my office. She saw the picture of James and noticed how much his oxygen mask resembled the mask Blake uses," the captain's mother said.

Mrs. Garmon took the photo home, explained to Blake that "Captain James" was a real pilot and that he wore his mask to breathe better. Blake connected. In what seemed like an instant to his grandparents — who had faced months of combat — Blake accepted the treatments.

"Blake thrived on the fact that 'Captain James' was a real person and it was like he had his own personal pilot to be proud of," Mrs. Garmon said. "Every time he had a treatment, he would get the picture and think of his pilot."

At the time, the captain was serving in Operation Iraqi Freedom unaware of the impact he was having on the home front. He received word of Blake from his mother.

"When my mom sent me the picture of Blake with his nebulizer on, holding the picture of me (in) his lap, it was one of the most moving things I had ever seen," Captain Dykas said. "I had no idea that any of this was going on and it was incredible to think that a simple picture could make a difference."

Captain Dykas returned from overseas the week before Christmas and decided to add to his connection.

The day after Christmas, Blake received a most welcome



Courtesy photo

Capt. James Dykas poses with Blake Henderson, 4, recently. Blake uses a picture of the captain wearing his oxygen mask to accept that he must wear a mask for nebulizer treatments. Captain Dykas is a B1-B Lancer pilot at Ellsworth Air Force Base, S.D.

present, "Captain James" - as Blake calls him — in the flesh.

"He was just in awe that Captain James was coming to visit him," Mr. Henderson said.

Captain Dykas showered Blake with presents, one of which was a temporary tattoo of his squadron's insignia.

"Blake was so proud of that," Mrs. Garmon said. "The first thing he wanted to know when it came time for Captain James to leave was when he would visit him again. He had such a wonderful time meeting his pilot."

Now back at Ellsworth, Captain Dykas said knowing Blake adds a new dimension to his job.

"I'm learning that the things you do, no matter how small they may seem at the time, can help in more ways than you can ever consider," Captain Dykas said.

He added that Blake has also taught him a personal lesson.

"I'm humbled that someone like Blake, who has been through more adversity in his life than I've ever known, admires me," Captain Dykas said.

With a picture of hope, Blake settled into a good routine and is showing great signs of stability, according to his grandparents.

"When you look at him, he is just a regular child who loves to play and have fun," Mrs. Garmon said. "I've almost forgotten how hard things were."

Warren Emergency Action Controller Loves Linkin Park And Wonders About Taking a Dive in Front of The Camera

Airman 1st Class Lauren Hasinger interviewed one of Warren's eyes and ears, Airman 1st Class Adriane Hammonds, 90th Space Wing Command Post emergency action controller, about everything from life before the Air Force to SCUBA diving.

Tell me about your job?

Basically we are the contact between the rest of the forces and the commanders. We're open 24 hours a day. I usually work at night.

What is your favorite part?

We're the first ones to know when something happens? It's also fast pace. If something happens we have to respond immediately.

What's the best part about the Air Force?

I like that it's very stable. I'm not going to come in tomorrow and be told that I'm laid off. I'm just taken care of.

Where do you see yourself in five years?

Still in the Air Force. At this point I'd like to stay in.

What are your top three priorities in life?

To keep my bills paid, to pass my fitness test and to go to school. I want to study computer science.

What did you do before you enlisted?

I had a whole other life before I came in. I worked at a law firm doing political reporting.

Because you waited a while to join do you feel your life experience has helped you?

Absolutely. It makes me appreciate the military a lot more.

Who's your hero?

Anyone who's been deployed to the Middle East. I can imagine it's pretty scary. My husband was deployed to Kuwait from February to July of last year.

Where are you originally from?

I'm from Sacramento, California.

What do you miss most about home?

The weather anytime it's colder than 40 degrees.

What's something the people you work with would be surprised to know about you?

That I SCUBA dive. I've been diving in California for two years now. I'd really like to try it in Mexico.

If you could experience any moment in history, what would it be?

The Civil Rights Movement. It would have been great to be involved to help minorities be treated like everyone else.

What TV or movie character do you feel is most like you?

Donna from "That 70s Show." She seems like she's been misunderstood for the things she believes in.

Why did you join the Air Force?

The economy in California was bad and I got laid off. I needed something more stable.

What's your life's motto?

Just don't let everyday life bother you too much.

What's the most embarrassing thing that has happened to you in uniform?



In tech school, my class was marching to school. Someone stepped on the back of my shoe and the shoe stayed but I kept going.

What would you do if you were president for a day?

I would give schools more money. I remember what it was like when there were not enough books, too many kids in one classroom and things falling apart.

What CD do you have in your stereo right now?

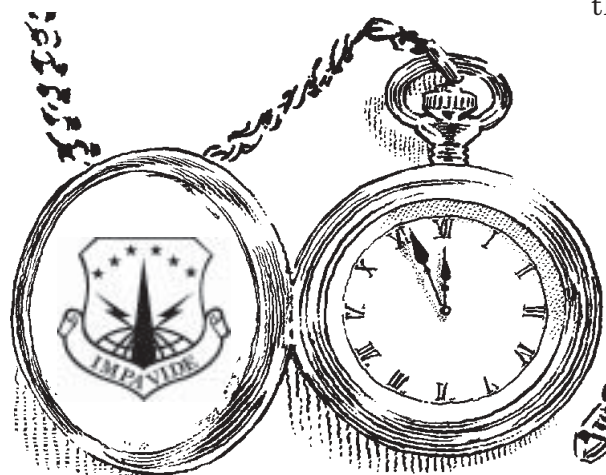
Linkin' Park

What would you do with a time machine?

I'd go into the future just to see what everything is like.

When you were a kid what did you want to be when you grew up?

I wanted to be a stunt person for movies. I just always liked doing crazy stuff. I still wonder what it would be like; I'd probably be too scared now.



Q - I live in the dorms, have no vehicle nor the money to spend the weekend at Snofest!!!. I would like to watch the Super Bowl with some people that weekend but am fairly new to the base and don't really know where the "hot spots" are yet. Do you have any ideas?

A - I tell you what, you sure came to the right place! The base has planned a "Dorm Escape" that very weekend at the FTAC building (Building 234). Beginning Jan. 30 and running through Super Bowl Sunday, the Airman's Advisory Council and Chaplain Noel have planned a good time. Jan 30 there will be free pizza and soft drinks, pool, foosball and music from 6 p.m. to midnight. Jan. 31 FTAC will be open from noon to midnight with free snacks and soda. The fun starts at noon Super Bowl Sunday. You can watch the game on one of two giant-screen TVs, enjoy free snacks and soda and hang out afterward to catch Survivor All-Stars. So get out and enjoy yourself while you make friends with fellow airmen.
email Lauren Beth @ lauren.hasinger@warren.af.mil

Ask Lauren Beth



If she doesn't know the answer, there isn't one.

VET, from Page 2

father, a guy who dropped out of school and put his kid brother through college — well, England is where he met his wife, Doreen. To hear Andrea tell it, her mom's whole family fell in love with him. As much, it seems, as he loved the Air Force.
Upon retirement from his second career he moved from Dallas to near Eglin where he fried fish and chicken for squadron picnics. And where a couple of years ago they first treated him for cancer. And it was to Eglin that he

went recently with his family to get all of his affairs together and prepare a final will.
I have never met Sergeant Wyant. But I have worked with people just like him every day of my 12 years in the Air Force. I have served with loyal members of every service. And I am off to Iraq soon to work again with the State Department and other agencies.
People tell me to keep my head down when I go to Iraq. Instead I think I'll hold my head high, out of respect for people like Sergeant Wyant and all those he represents, like my

own dad, and my father-in-law.
When Andrae asked him the other day 'why the service dress uniform for the burial?' he said that is what he has always worn for important events, and he wanted his family to recognize him.
His sense of humor is still healthy.
Maybe one day, I will ask to be buried in my service dress uniform, like Senior Master Sgt. Reid S. Wyant wants to be, "with full military honors."
In his case, the honor will be ours.



*A celestial vision
you're apt to see
When you walk under the Caduceus
Ill or well you still will be
No matter what the basis.*

Where On Warren?

Congrats to Staff Sgt. Aaron Pflock, 153rd CACS/SF who knew the horse's head was Building 329!

Think you know the answer? Be the first to send an email to sentinel@warren.af.mil with the correct building's address and you'll win a coupon book from Services.

Disclaimer: While the questions have been painstakingly researched, the answers have not. Poor, misleading and multiple answer questions are par for the course. PA staff, Museum staff, group and base commanders are excluded from playing.

Give me Your Two Cents

How are you progressing toward the new fitness standards?



"I run three times a week and I do pushups and crunches every day."
Airman Alicia Gilleland,
90 MSFS



"Phase training helps, but it's been hard to get used to."
Airman Jason Stratton,
90 MSFS



"I try to run two to three times a week. It's hard with the altitude because I'm from Houston."
Airman 1st Class Adam Wilson,
90 MMXS